



2014 SEC Cross Country Championships Competition Manual

October 31, 2014

*Hosted by
The University of Alabama
Tuscaloosa, Alabama
Harry Pritchett Cross Country Course*

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Championship Personnel

Title	Name	Phone Number
University of Alabama Cross Country Head Coach	Dan Waters dwaters@ia.ua.edu	w: 205-348-3557
Meet Director	Red Leonard Director of Event Management rleonard@ia.ua.edu	w: 205-348-2079 c: 205-361-2929 f: 205-348-9025
Assistant Meet Director	David Neder Event Management dneder@ia.ua.edu	w: 205-348-3189 c: 205- 210-1121 f: 205-348-9025
Sports Information Contact	Doug Walker Director of Media Relations dwalker@ia.ua.edu	w: 205-348-6084 c: 205-310-8682
Sports Medicine Director	Bernard Burroughs Assistant Athletic Trainer bburroughs@ia.ua.edu	w: 205-348-3456 c: 205-310-9554
Timer	Dan Passen Xpress Timing XPRESS28@aol.com	w: 205-991-6167

SEC Staff and Championship Officials

SEC Contact	Sean Cartell Assistant Director of Media Relations scartell@sec.org	w: 205-458-3000 f: 205-458-3030
Head of Officials	Dan Waters dwaters@ia.ua.edu	w: 205-348-2467
Head Referee	Stan Narewski snarewski@uwa.edu	c: 205-914-2506
Clerk of the Course	Helen Carden hcarden@comcast.net	h: 205-333-1454
Starter	Carter Lohr carterlohr@gmail.com Houston Young – Backup Starter Houston211@hotmail.com	c: 260-437-3836 c: 334-413-4309
Jury of Appeals	Randy Bunn coachbunn@hotmail.com Harold Jacobs hdjacobs1@att.net Kathy Box Moret kathymoret@bellsouth.net	c: 850-362-8691 c: 229-942-6958 c: 616-995-0187
Head Finish Line Judge	Grif Carden grifcarden@comcast.net	h: 205-333-1454
Championship Committee	Edrick Floreal University of Kentucky edrick.floreal@uky.edu Chris Bucknam University of Arkansas cbucknam@uark.edu Dan Waters University of Alabama dwaters@ia.ua.edu	w: 859-257-5276 w: 479-575-5403 w: 205-348-3557

SCHEDULE OF EVENTS

(All Times are Central Standard Time)

Wednesday, October 29, 2014

10:00 a.m. – 6:00 p.m. **Course open for practice.**
Weather permitting.

Thursday, October 30, 2014

10:00 a.m. – 6:00 p.m. **Course open for Practice.**
Weather permitting.

3:00 p.m. **Packet pickup/Mandatory coaches meeting.**
Harry Pritchett Cross Country Course
Officials and Coaches Hospitality Tent

Friday, October 31, 2014

6:30 a.m. **Course opens to competitors.**
Please call 205-210-1121 for frost warning or severe
weather updates on race day if needed.

8:45 a.m. **Women report to the start**

8:50 a.m. **National Anthem.**

9:00 a.m. **Women's 6K championship race.**

9:45 a.m. **Men report to the start**

10:00 a.m. **Men's 8K championship race.**

11:15 a.m. **Awards Ceremony**

PRE-MEET CHECKLIST

Monday, October 6, 2014 at 11:00 a.m. (CST)

_____ Online entries open on Direct Athletics: www.directathletics.com

Monday, October 13, 2014 by 5:00 p.m. (CST)

_____ Excel spreadsheet typed with all possible entries for competitor bibs due.
See **Appendix A**.

Please email forms to David Neder, dneder@ia.ua.edu

_____ Official travel party roster due. See **Appendix B**.

Please email forms to David Neder, dneder@ia.ua.edu

_____ Team tent reservations due

Contact Game Day Tents, 205-752-8199

_____ Media and photography requests due

Please email David Neder, dneder@ia.ua.edu

Wednesday, October 22, 2014 at 6:00 p.m. (CST)

_____ Online entries close on Direct Athletics

Friday, October 24, 2014 at 5:00 p.m. (CST)

_____ Team golf cart reservations due

Contact Robbie Duncan at Jerry Pate Company, 205-945-9144

Monday, October 27 at 10:00 a.m. (CST)

_____ Head Coaches conference call

Thursday, October 30, 2014 at 3:00 p.m. (CST)

_____ Coaches meeting and declaration at Harry Pritchett Cross Country Course

CHAMPIONSHIP SITE

The University of Alabama Harry Pritchett Cross Country Course

Course Description

Course is run entirely on grass and over rolling hills. It is approximately 410 meters from the start to the first turn. There is approximately a 350 meter straight run-in to the finish.

See **Appendix C** for map to course.

See **Appendix E** for Women's 6k Course Map

See **Appendix F** for Men's 8k Course Map

COURSE MARKINGS

The course will be painted with white lines as well as flagged and marked appropriately. Kilometers and miles will be marked for both the men's and women's distances. The following markers will differentiate kilometers and miles for the women and men:

Women's 6k

Kilometers: White diamond with red numbers

Miles: Red square with white numbers

Men's 8k

Kilometers: Blue diamond with white numbers

Miles: White square with blue numbers

There will split times given at the 2K and 4K markers for the women and the 2k, 4K and 6K for the men. Live splits will be available for both races by clicking on the "Live Results" timing link located on the SEC championship website.

BOX DRAW

The SEC office will conduct a blind draw the day prior to the championships conference call to assign starting boxes. Starting box assignments will be given during the conference call. The boxes will be numbered 1 – 14 starting on the left while facing the course. Each box will be wide enough for a minimum of 5 runners.

STUDENT-ATHLETE CHECK-IN

All student-athletes must check-in with the Clerk of the Course. Check in will be available at 7:00 a.m. and will stay open until 10 minutes prior to the start of each perspective race. Bibs and timing chips will be checked at the Clerk of the Course.

FINISH LINE PROCEDURES

There will be two chip timing mats at the finish line. Runners should continue racing past both mats and into the corral. Runners do not need to maintain their order in the corral. Once in the corral the runner's timing chips will be removed and they will have water and trainers available. Runners **MUST** have their timing chips removed before leaving the corral.

There will be two Finish lynx cameras for primary timing and another two Finish lynx cameras for back-up timing.

Official results will be posted after the finish is verified by Finish lynx cameras and signed off by the Meet Referee and the NCAA official on site.

There will be an additional mat 100 meters prior to the finish line. This mat will be used to assist in announcing the athletes as they approach the finish. Runners should be instructed that this mat is not the finish.

For live race splits and results, please visit the SEC Championship page on www.rolltide.com.

COACHES MEETING

The coaches meeting will be at 3:00 p.m. (CST) at the Harry Pritchett Cross Country Course Thursday, October 30. All race day procedures will be addressed.

DECLARATIONS

Final declarations will be completed at the coaches meeting on Thursday, October 30 at 3:00 p.m. (CST).

ELIGIBILITY

All competitors must be certified eligible by their institution as required by the SEC office, prior to participating in the SEC Championships.

ENTRIES & RESULTS

Dan Passen with Xpress Timing will manage the timing and scoring of the 2014 SEC Cross Country Championships. Online entries will be handled by Direct Athletics and will open on Monday, October 6 and will close on Wednesday, October 22 at 6:00 p.m. (CST). Preliminary entries will be posted at the SEC Cross Country Championships page at www.rolltide.com on Monday, October 27 by noon (CST). In addition, starting box assignments will be posted after the completion of the coaches' conference call on October 27 on the same site. Results will be

posted at the conclusion of the meet at the competition site and will be available to teams at the awards area after the meet as well as at www.rolltide.com. Contact Doug Walker at the University of Alabama for more information at dwalker@ia.ua.edu.

Please use the Competitor Bib Names Excel spreadsheet in **Appendix A** to type all possible entries for competition bibs and email this to David Neder, dneder@ia.ua.edu, no later than Monday, October 13.

INCLEMENT WEATHER PROCEDURES

Lightning Policy

Following NCAA protocol, we will be using WeatherSentry online lightning detection and weather monitoring system. Once lightning enters the 30 mile radius of competition, we will begin preparations to protect the student-athletes and spectators. Once lightning enters an eight mile radius of our site, competition must stop and student-athletes and spectators will be moved to safe areas. We will not begin any activity until 30 minutes have passed since the last lightning strike inside the warning ring.

Shelter Locations

There is no available shelter at the course. Buses and personal vehicles will be used as shelter in case of inclement weather.

Media Relations

Media Credentials

Credential requests for all media and photographers covering the 2014 SEC Cross Country Championships are due to Doug Walker, dwalker@ia.ua.edu, in the Alabama Athletics Communications Office by Monday, October 13.

Media Work Room

There is no formal media work room at the Harry Pritchett Running Course, but there will be a tent for working SIDs and media. However, there is no available power. We encourage any media or SIDs covering the event to write full stories either from their hotel rooms after the event or, if needed, we can provide room for you to work back at our media work room in Coleman Coliseum on campus after the race.

Mixed Zone

There will be a mixed zone tent adjacent to the finish tent adjacent to the finish line for interviews with individual winners immediately following each race, along with the winning teams' head coaches when team winners are officially announced.

Dissemination of Entry Lists, Results, All-SEC Teams, Quotes, etc.

All information pertaining to the 2014 SEC Cross Country Championships will be disseminated by Doug Walker, dwalker@ia.ua.edu, from the Alabama Athletics Communications Department,

along with SEC Assistant Director of Media Relations, Sean Cartell, scartell@sec.org. Pertinent information will also be available on the 2014 SEC Cross Country Championships Central Website, which will be live September 1, and communicated to all media relations contacts. All credentialed media and each institution's media relations contacts will automatically be added to the 2014 SEC Cross Country Championships distribution list.

Highlights

Crimson Tide Productions will be producing highlights and interviews from the 2014 NCAA SEC Cross Country Championships and will load them on to www.rolltide.com following the meet.

MEET PACKETS

Team packets will include manuals and regulations, event schedule and agenda, championship maps, box assignments, parking passes, timing chips, bib numbers, championship competitors list, protest form, emergency/inclement weather procedures, food and hospitality information, ballot for awards, championship t-shirts, safety pins, and a quick reference guide. Packets will be distributed at the coaches meeting at 3:00 p.m. (CST) on Thursday, October 30.

SCORING/AWARDS

Each team may have ten competitors, the first five finishers of each team will constitute the team score, with runners six and seven displacing. Any remaining student-athletes will not influence scoring in any way. However, they will receive an official time.

The SEC Championships Award Ceremony will take place at the awards podium at approximately 11:15 a.m. (CST) on Friday, October 31. The following individuals will be recognized:

- Men's & Women's Conference Champion (trophies presented during ceremony)
- Men's & Women's Top 3 Place Finishers (medallions presented during ceremony)
- Men's & Women's 1st Team All-SEC (finishers 1-7, awards sent post championships)
- Men's & Women's 2nd Team All-SEC (finishers 8-14, awards sent post championships)
- Men's & Women's All-Freshman Team (top 7 finishers, awards sent post championships)

OFFICIAL TRAVEL PARTY HOSPITALITY

A hospitality area will be available on Friday, October 31, from 7:00 a.m.-9:00 a.m. (CST). Light breakfast foods, fruits, snacks and drinks will be provided. Please note a credential will be required to enter this area.

Student-athlete hospitality will be located under the main hospitality tent, in a different section.

OFFICIAL TRAVEL PARTY ROSTER

The official travel party roster is due on Monday, October 13. Please complete the form found in **Appendix B**.

PARKING

Team Van/Bus Parking

Parking will be available adjacent to the course.

Spectator Parking

Spectator parking will be available at the Veterans Affairs Hospital's grass field.

See Parking Map in **Appendix D**.

PRACTICE TIMES

The Harry Pritchett Cross Country Course will be available for team practice on Wednesday, October 29, and Thursday, October 30, from 10:00 a.m. – 6:00 p.m. (CST).

RULES

The 2014 SEC Cross Country Championships will be conducted under the rules of the 2014 NCAA Track and Field Guide unless superseded by the Southeastern Conference 2014-2015 Men's & Women's Cross Country Commissioner's Regulations.

SHOWER/DRESSING FACILITIES

There are no shower/dressing facilities available at the course. Locker rooms can be made available on campus at Coleman Coliseum by contacting David Neder, 205-210-1121.

SPORTS MEDICINE

A temporary training room is located at the course near the finish line. The training room is equipped with basic training supplies. Water will be provided on Wednesday and Thursday for practice from 10:00 a.m. – 6:00 p.m. If you have any special needs, please contact Bernard Burroughs at 205-348-3456 or by email at bburroughs@ia.au.edu.

Trainers on course: Friday, October 31 Beginning at 7:00 a.m.

Competing institutions' trainers will not be allowed on the course unless their athlete becomes injured or ill. An ambulance will be on site for the races.

TICKETS

Admission is free to the 2014 SEC Cross Country Championships. General championship attendance will be taken at the spectator's gate.

TEAM TENTS

Team tents can be ordered by contacting Game Day Tents at 205-752-8199. All tent locations will be decided by Meet Director and will be set up on Thursday, October 30. Deadline for ordering is Monday, October 13, by 5:00 p.m. (CST)

TEAM GOLF CARTS

Team golf carts can be ordered by contacting Robbie Duncan with Jerry Pate Company at 205-945-9144. Deadline for ordering is Friday, October 24, by 5:00 p.m. (CST)

TRAVEL PARTY MEAL

A boxed lunch will be provided for members of the official travel party following the conclusion of the men's 8k race on Friday, October 31. Lunches will be delivered to the team tents. Please submit a completed boxed lunch order from to David Neder by Monday, October 13.

See Official Travel Party Roster/order form in **Appendix B**.

David Neder
dneder@ia.ua.edu
205-348-9025 fax

ACCOMMODATIONS

The following is a list of area hotels and their contact information. The institution is responsible for contacting the hotel to make all arrangements and providing the hotel with a rooming list.

Holiday Inn Express

1120 Veterans Memorial Pkwy
Tuscaloosa, Alabama 35404
(205) 464-4000

Courtyard by Marriott

4115 Courtney Drive
Tuscaloosa, Alabama 35405
Call toll free: (866) 699-9212

Hotel Capstone

320 Paul W Bryant Drive
Tuscaloosa, Alabama 35401
(205) 752-3200

Fairfield Inn by Marriott

4101 Courtney Drive
Tuscaloosa, Alabama 35405
Call toll free: 866-699-9269

Hampton Inn-University

600 Harper Lee Drive
Tuscaloosa, AL 35404
(205) 553-9800

Hilton Garden Inn

800 Hollywood Drive
Tuscaloosa, Alabama 35405
(205) 722-0360

Hampton Inn-East

6400 Interstate Drive
Tuscaloosa, AL 35453
(205) 562-9000

Appendix A: Competitor Bib Names Excel Spreadsheet

COMPETITOR BIB NAMES

Competitor Bib Names

Team: _____ Men: _____ Women: _____

	First Name	Last Name
1		
2		
3		
4		
5		
6		
7		
8		
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10		
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15		
16		
17		
18		
19		
20		

**Please use this Excel spreadsheet to type all possible entries for competition bibs.
 Please email this to David Neder, dneder@ia.ua.edu, no later than Monday, October 13.
 Fax: 205-348-9025**

Appendix B: Official Travel Party Roster

OFFICIAL TRAVEL PARTY ROSTER

Team: _____

Men _____

Women _____

Coaching Staff:

1. _____
2. _____
3. _____

Number of Student-Athletes: (Including alternates) _____

Administrators:

1. _____
2. _____

Managers:

1. _____
2. _____

Sports Information Director:

1. _____

Medical Staff/Athletic Trainers:

1. _____
2. _____

Head Coach's Signature: _____

Boxed Lunches: Please include the number of each type of sandwich (**include student-athletes**)

____ Turkey ____ Ham ____ Veggie Total Number: _____

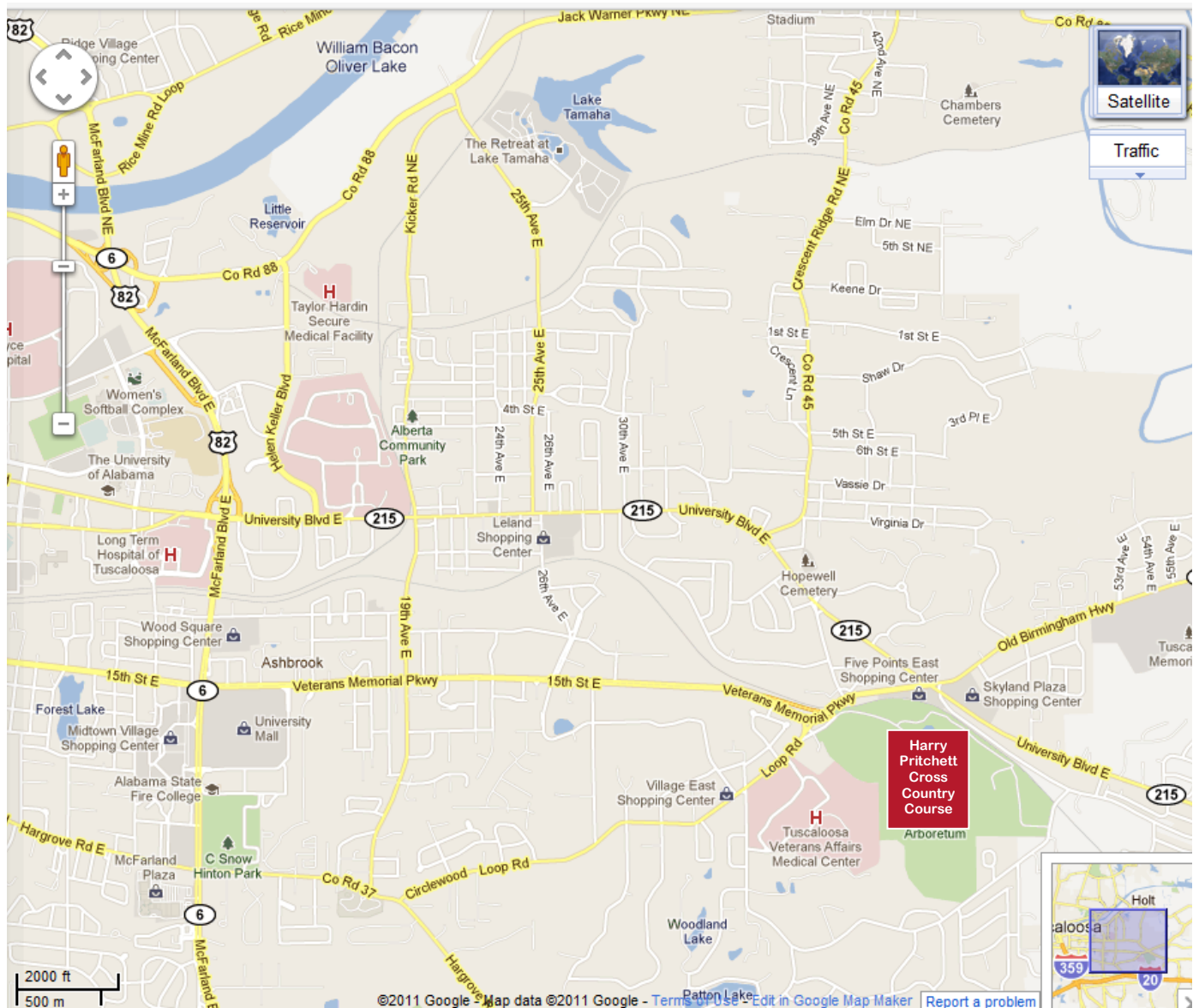
*Please include everyone in official travel party

Due to: David Neder by Monday, October 13, 2014

Email: dneder@ia.ua.edu Fax: 205-348-9025

Appendix C: Directions to UA Cross Country Running Park

Take McFarland Blvd. to 15th St. East. Turn onto 15th St. East (Veterans Memorial Parkway) towards VA Hospital. Approx 2.5 miles exit to right at split (towards VA Hospital and UA Arboretum) and then an immediate left to UA Arboretum. Cross over Loop Road. One way signage will force you to turn left (again towards UA Arboretum). After the left turn and before crossing back under Veterans Memorial Parkway the road will again split. Take the right towards UA Arboretum. The Harry Pritchett Cross Country Course is at the top of hill.



Appendix D: Parking Map



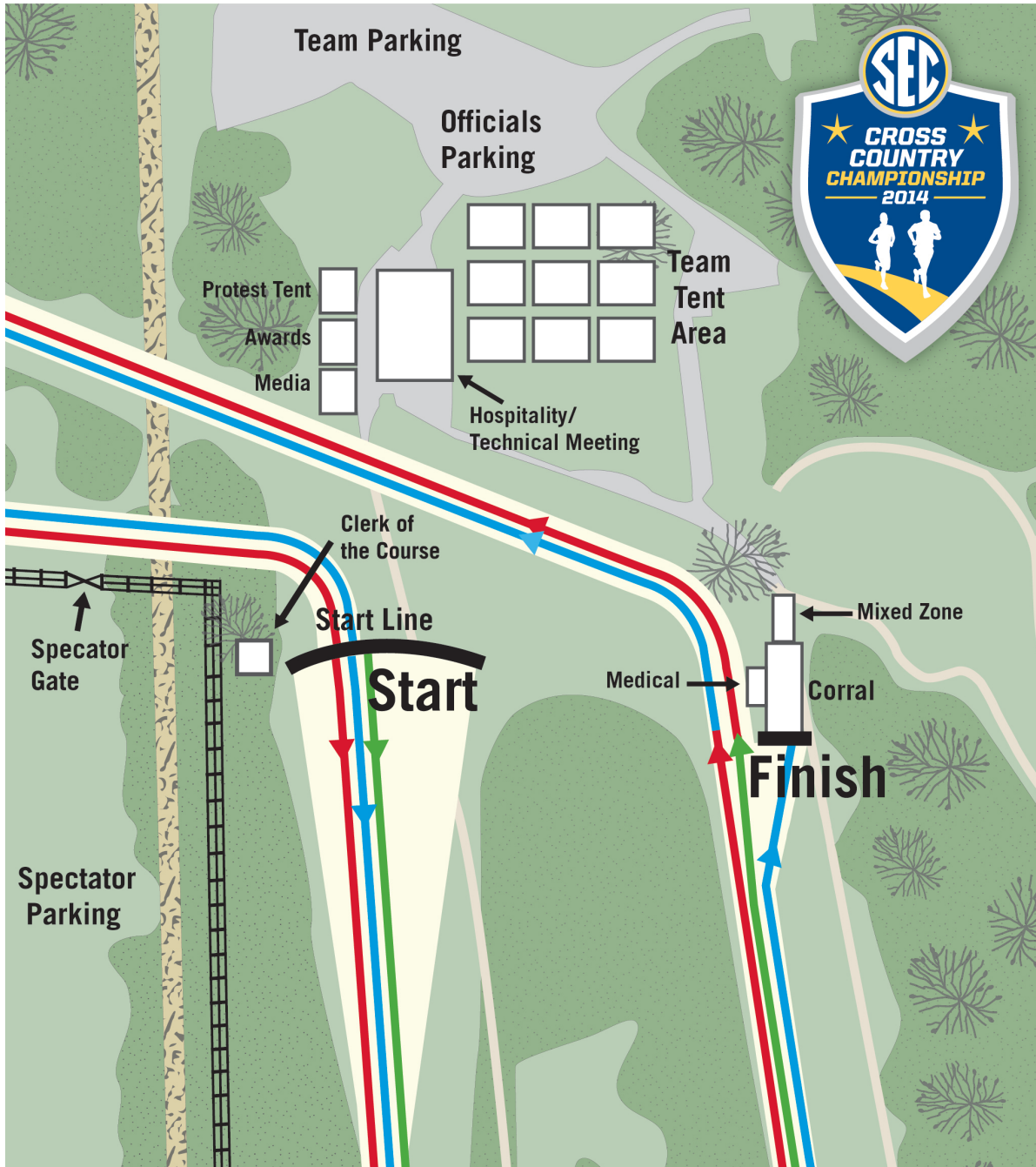
Appendix E: Women's 6,000 Meter Course Map



Appendix F: Men's 8,000 Meter Course Map



Appendix G: Meet HQ Map



Appendix H: Restaurants

Tuscaloosa is home to many good restaurants and eateries, the below list is intended as a guide to some of Tuscaloosa's best-known and finest restaurants in several different categories.

American

• Applebee's/Southern Legacy BBQ	1701 McFarland Blvd. E.	205.824.5060
• Baumhower's Restaurant	500 Harper Lee Dr.	205.556.5658
• Bob's Victory Grille	1800 McFarland Blvd. Suite 218	205.556.5658
• Buffalo Phil's Wings	1149 University Blvd.	205.758.3318
• Buffalo Wild Wings	2710 McFarland Blvd. E.	205.523.0273
• Chick-fil-A	2014 McFarland Blvd. E.	205.752.9999
• Chili's	1030 Skyland Blvd. E.	205.750.8881
• Dreamland BBQ	5535 15th Ave. E. (original)	205.343.6677
• Five	2324 6 th St.	205.345.6089
• Five Guys Burgers and Fries	1800 McFarland Blvd. E.	205.391.0575
• Full Moon BBQ	1434 McFarland Blvd. E.	205.366.3555
• Hooligan's	1915 University Blvd.	205.759.2424
• Hoo's Q	101 15 th St. E.	205.345.6400
• Jim 'N' Nicks	305 21 st Ave.	205.469.2060
• Moe's Original BBQ	2101 University Blvd.	205.752.3616
• Mugshots Grill	511 Greensboro Ave.	205.391.0572
• O'Charley's	3799 McFarland Blvd.	205.556.5143
• Rama Jamas	1017 Paul W. Bryant Dr.	205.750.0901
• Steamers Restaurant	823 Hargrove Rd.	205.561.6177
• T-Burger Tuscaloosa Burger	1014 7th Ave.	205.764.1976

Sandwiches/Wraps/Gyros

• Firehouse Subs	1130 University Blvd. #3	205.248.0680
• Glory Bound Gyro Co.	2325 University Blvd.	205.349.0505
• Jason's Deli	2300 McFarland Blvd. E.	205.752.6192
• Jimmy John's	1400 University Blvd.	205.366.3699
• McAlister's Deli	101 15th St.	205.758.0039
• Momma Goldberg's	409 23 rd Ave.	205.345.5501
• Moe's Southwest Grill	1130 University Blvd.	205.523.0999
• Momma Goldberg's Deli	409 23rd Ave.	205.345.5501
• Newk's	205 University Blvd. E.	205.792.6477
• Panera Bread	1800 McFarland Blvd. E.	205.366.8780
• Schlotzkys	405 15 th St. E.	205.248.2472
• Subway	1306 A University Blvd.	205.349.5782
• Which Wich Superior Sandwiches	2128 University Blvd.	205.764.1673
• Zoe's Kitchen	312 Merchants Walk	205.344.4450

Fine Dining

• Chuck's Fish	508 Greensboro Ave.	205.248.9370
• Cypress Inn	501 Rice Mine Rd.	205.345.6963
• Epiphany	519 Greensboro Ave.	205.344.5583
• Evangelines Restaurant	1653 McFarland Blvd. N.	205.752.0830
• Kozy's	3510 Loop Rd.	205.556.4112

Pizza/Italian

• CiCi's Pizza Buffet	929 McFarland Blvd.	205.333.3920
• DePalma's	2300 University Blvd.	205.759.1879
• Hungry Howies	1105 Southview Ln. #110	205.345.6000
• Little Caesars	1414 10 th Ave.	205.366.2220
• Little Italy	1130 University Blvd.	205.345.4354
• Mellow Mushroom	2230 University Blvd.	205.758.0112
• Mr. G's	908 McFarland Blvd.	205.339.8505
• Olive Garden	2100 McFarland Blvd. E.	205.750.0321
• Pizza Hut	515 15th St.	205.391.6844

Steakhouses

• Logan's Roadhouse	1511 Skyland Blvd. E.	205.349.3554
• Longhorn Steakhouse	1800 McFarland Blvd. E. #412	205.345.8244
• Outback Steakhouse	5001 Oscar-Baxten Dr.	205.758.9316

Asian

• Bento Japanese Restaurant	1306 University Blvd.	205.758.7426
• Buffet City	1747 Skyland Blvd. E.	205.553.3308
• Ichiban Japanese Grill & Sushi	502 15 th St.	205.752.8844
• KOBE Japanese Steakhouse	1800 McFarland Blvd. E.	205.759.1400
• Mr. Chen's	514 14 th St.	205.343.6889
• Panda Express	636 15 th St.	205.343.6888
• Ruan Thai	1407 University Blvd.	205.391.9973
• Surin of Thailand	1402 University Blvd.	205.752.7970

Mexican

• Chipotle	1800 McFarland Blvd. E. #608	205.391.0140
• Fernando's	824 McFarland Blvd.	205.331.4587
• Iguana Grill	1800 McFarland Blvd. E. #430	205.752.5895
• Los Tarascos	1759 Skyland Blvd. E.	205.553.8896
• Margaritas	1241 McFarland Blvd. E.	205.343.0300
• Moe's Southwest Grill	2330 McFarland Blvd. E.	205.342.1487
• Pepito's Grill	1301 McFarland Blvd. NE.	205.391.4861
• Taco Casa	619 McFarland Blvd.	205.339.5977
• Taco Mama	2104A University Blvd.	205.409.8173

Coffee/Smoothies/Desserts

• Cold Stone Creamery	1130 University Blvd. #1	205.343.1670
• Dairy Queen	1091 Southview Ln.	205.758.5878
• Dunkin Donuts	2520 Stillman Blvd.	205.349.3400
• Edelweiss German Bakery	2324 4 th St.	205.343.6545
• Edgar's Bakery & Café	1653 McFarland Blvd. N.	205.345.6031
• Krispy Kreme	1400 McFarland Blvd E.	205.758.6913
• Smoothie King	1403 University Blvd. #1	205.462.3664
• Starbucks	1800 McFarland Blvd. E. #600	205.343.2468
• Steel City Pops	2128 University Blvd.	205.969.8770